

Establish clear family rules against drug use and enforce them consistently.

Develop your parenting skills through seminars and networking with other parents.

Reading, counseling and support groups.

Work with other parents to set community standards - you don't raise a child alone.

Volunteer at schools, youth centers, Boys and Girls Clubs or other activities in the community.

FOR MORE INFORMATION

Mountain View Police Department
(650) 903-6712

Community Health Awareness Council
711 Church Street
Mountain View, CA 94041
(650) 965-2020

Social Advocates for Youth
1072 S. De Anza Blvd. #208
San Jose, CA 95129
(408) 253-3540



WE NEED YOUR SUPPORT!

We invite you to join the partnership. You can become a Reserve Police Officer, join a Community Neighborhood Watch Group, attend the Citizen's Police Academy, become a Police Volunteer, participate in a citizen ride-along or just communicate your concerns and ideas to our Officers.

Together, we can make a difference!

For more information contact:

COMMUNITY ACTION
&
INFORMATION UNIT
(650) 903-6357 OR (650) 903-6707

City of Mountain View Police Department
1000 Villa Street
Mountain View, CA 94041

Web Site Address:

<http://www.mvpcd.gov>

Email Address:

police@mountainview.gov

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TALKING WITH YOUR KIDS
ABOUT DRUGS

MOUNTAIN VIEW POLICE DEPARTMENT

Don't put off talking to your children about alcohol and other drugs. As early as fourth grade, kids worry about pressures to try drugs.

School programs alone aren't enough. Parents must become involved, but most parents aren't sure how to tell their children about drugs. Open communication is one of the most effective ways you can help your child avoid drug use. Talking freely and really listening shows children that they mean a great deal to you.

WHAT DO YOU SAY?

Tell them that you love them and you want them to be healthy and happy.

Say you do not find alcohol and other illegal drug use acceptable. Many parents never state this simple principle.

Explain how use hurts people. Physical harm - for example, AIDS, slowed growth, impaired coordination and accidents. Emotional harm - sense of not belonging, isolation and paranoia. Educational harm - difficulties remembering and paying attention.

Discuss the legal issues. A conviction for a drug offense can lead to time in prison or cost someone a job, drivers license or college loan.

Talk about positive, drug- free alternatives and how you can explore them together. Some ideas include sports, reading, movies, bike rides, hikes, camping, cooking, games and concerts. Involve

your kids' friends.

HOW DO YOU SAY IT?

Calmly and openly - don't exaggerate. The facts speak for themselves.

Face to face - exchange information and try to understand each other's point of view. Be an active listener and let your child talk about fears and concerns. Don't interrupt and don't preach.

Through "teachable moments" - in contrast to a formal lecture, use a variety of situations - television news, TV dramas, books, newspapers.

Establish ongoing communication rather than giving a one-time speech.

Remember that you are the example. Avoid contradictions between your words and your actions. And don't use illegal drugs, period!

BE CREATIVE!

You and your child might act out various situations in which one person tries to pressure another to take a drug. Figure out two or three ways to handle each situation and talk about which works best.

Exchange ideas with other parents.

HOW CAN I TELL IF A CHILD IS USING DRUGS?

Identifying illegal drug use may help prevent further abuse. Possible signs include:

Change in moods - more irritable, secretive, withdrawn, overly sensitive, inappropriately angry

and euphoric.

Less responsible - late coming home, late for school or class and being dishonest.

Changing friends or changing lifestyles - new interests, unexplained cash.

Physical deterioration - difficulty in concentration, loss of coordination, loss of weight and unhealthy appearance.

Refuses to talk or be around the family.

WHY DO PEOPLE USE DRUGS?

Young people say they turn to alcohol and other drugs for one or more of these reasons:

To do what their friends are doing.

To escape pain in their lives.

To fit in.

Boredom.

For fun.

Curiosity.

To take risks.

TAKE A STAND!

Educate yourself about the facts surrounding alcohol and other drug use. You will lose credibility with your child if your information is not correct.